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March 1802.]

HYGËIA

[Price

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A

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ON

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By THOMAS BEDDOES, M. D.

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HYGËIA:

OR

ESSAYS

MORAL AND MEDICAL

ON

THE CAUSES

AFFECTING THE PERSONAL STATE

OF

OUR MIDDLE AND AFFLUENT

CLASSES.

By THOMAS BEDDOES, M. D.

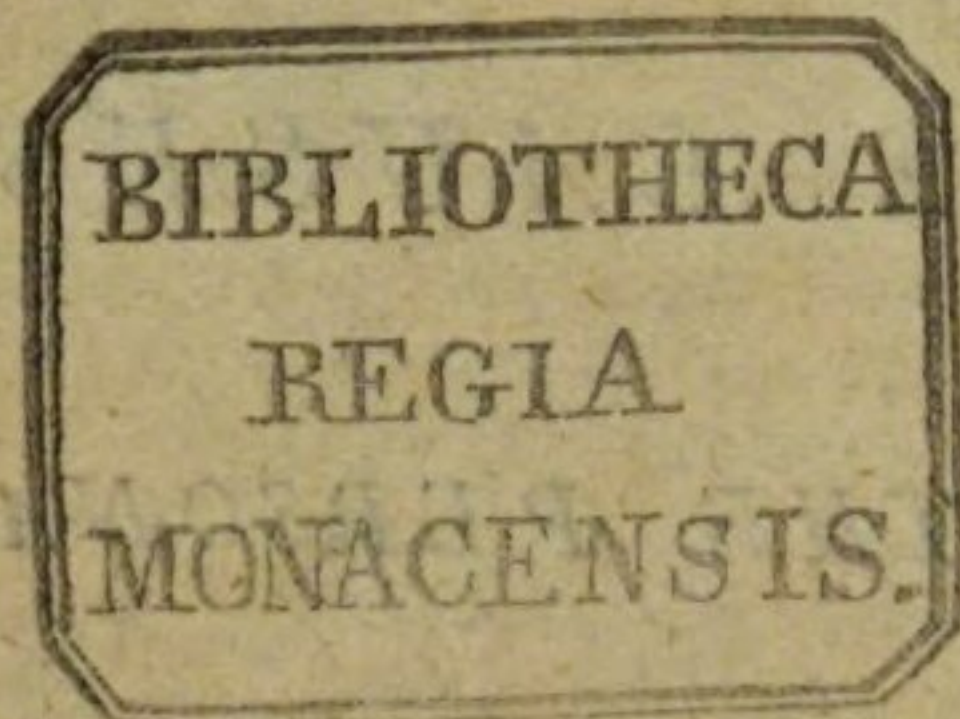
VOLUME THE FIRST.

BRISTOL:

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1802



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Essay i. *p.* 51, *l.* 9, for prepared read compared : 58, *l.* 9, for suppositions, *r.* supposititious : 61, *l.* 1. *dele* all : 79, *l.* 11, *dele* out : 82, *l.* 23, 24, *dele* in an uncommon degree.

Essay ii. *p.* 5, *l.* 22, insert pretender to sanctity : 6, *l.* 23, *dele* some : 10, *l.* 22, *dele* after : 53, *l.* 9, for only *r.* not : 87, *l.* 2, before a young man insert you point out : 89, *l.* 17, for should, *r.* could.

Essay iii. *p.* 3, *l.* 9, for natural, *r.* national : *p.* 58, *l.* 17, after thus, insert we shall escape : *p.* 88, for food, *r.* cloathing.

Essay iv. *p.* 9, *l.* 9, for sufficient, *r.* insufficient ; *p.* 12, *l.* 3, for example, *r.* examples ; *p.* 16, *l.* 12, insert of scholars ; *p.* 60, *l.* 20, after informed, insert in all the dangerous points ; *p.* 79, *l.* 7, after our, insert schools and.

ESSAYS
ON
THE MEANS
OF
AVOIDING
HABITUAL SICKLINESS,
AND
PREMATURE MORTALITY.

ESSAY FOURTH.

Vol. I.

X

Printed by MILLS, St. Augustine's, Bristol.

ANIMUS adeo a temperamento et organorum corporis dispositione pendet, ut si ratio aliqua possit inveniri quae homines sapientiores et ingeniosiores reddat, quam hactenus fuerunt, credam illam in Medicina quaeri debere—DESCARTES.

So much does the mind depend on the temperament, and on the state of the bodily organs, that if it were possible to render men wiser and more ingenious, the method must, in my opinion, be sought in medicine.

ESSAY
ON
THE INDIVIDUALS,
COMPOSING
OUR AFFLUENT
AND
EASY CLASSES.

PART SECOND.

TREATMENT OF BOYS.

BOYS, I presume, are more frequently educated from home than girls: and school-masters diversify their methods more than governesses. Some circumstances, however, of the greatest importance, and immediately relating to the subject of these essays, are very general, if not absolutely universal. These require to be considered at large, especially as their operation is often slow and silent. Peculiarities may be pointed out afterwards.

SEDENTARY CONFINEMENT.

We are determined by their descent, rather than by their qualities, to shew people neglect or respect. In the case of *persons* this is ill-judged. But of *customs* we may often pronounce upon the value by knowing their founders.—The hue and cry against modern philosophers has been loud enough to bring to every ear notice of the design, with which they are charged, of subjecting society to a new sort of discipline. Ages ago, a set of religious fanatics in the East, equally mad with their philosophical brethren of the West, and infinitely more mischievous, succeeded to a certain degree, in this monstrous undertaking. It was their maxim, that waging war against themselves was the most effectual method of rendering service to their Maker. They did not willingly see other necks free from the yoke, with which their own was galled. Over a considerable portion of the globe, their authority became so great, that none durst openly resist it. With the *men* and *women* of the world, indeed, they condescended to enter into a compromise. These, on condition of verbally renouncing its pomps and vanities, were allowed to partake of them, till they were glutted. But it

fared so much the worse with the poor *children*. Those of the male sex were, in process of time, completely delivered into their hands; nor to the present hour, have they been emancipated from the cruel processes, to which they were subjected by the descendants of these fanatics.

In the porches, gardens and gymnasia of those very ancients, whose works furnish *liberal* education with a principal part of its occupations, study and exercise relieved each other. The teachers often delivered their lessons, while enjoying the free air amidst their disciples. Ridiculous excess, perhaps, in attention to the body and to its members, suggested to Plato those mystic passages, which have contributed to produce so much folly and misery in after-ages. It is, at least, certain, that the founders of cathedral and abbey schools modelled them according to the rules of the monastic orders. From their own habits, they were led to number seclusion, constraint and inactivity among the chief elements of piety and virtue. It was impossible that these men should choose cheerful places for the scenes of youthful instruction. It was equally impossible, that they should not array knowledge in a forbidding garb. Schools, planned by friars, could be

no other than cells upon a large scale. The inhabitant of the monastery was enjoined to pass hours in lonely meditation. The school-boy was accordingly condemned to his bench for an equal space of time; solitude and the distance from wall to wall making the only difference. Long forms of prayer, and vain repetitions, directly contrary to the express commands of the founder of christianity, made a part of the essential business of every order. How could the pupils hope to be exempted from the odious mummary, by which the masters were harrassed?

To the watchmen of religion, the night could not be allowed as a season of repose. Therefore it was decreed, that the slumbers of childhood, and almost of infancy, so indispensable at these periods within certain bounds, and so sweet, should be broken. ROLLIN speaks of himself, as trudging to school under a load of books, as early as four in the morning. We find, indeed, that this austere rule has been mitigated. But in our own country, hundreds of boys are required, even in winter, to appear at six. Let not any one suppose that they are so early collected to be early set at liberty. No; it is for a reason more in character;—to lengthen the hours devoted to *wholesome discipline and sound learning.*

He who reads history for pastime, if the historian be such an one as he ought to be, will often be roused from his idle mood by a representation of what mistaken piety has led men to impose and to suffer. But let no such reader dream that the representation is foreign to his own age and nation. The castigations, the penances, the restraints, which superstition has devised in her direst fits of insanity, may have reached himself and his family. His children, at the moment he is reading, may be pining under their rigour.

There have been sometimes delineated characters of inexorable rancour, where the expiring breath has been spent in imprecations, and the closing agony has been an effort to destroy. If the last monks, with whom our island was infested, may be supposed to have harboured such deep malice, they have been amply gratified. The spirit, and almost the substance of their worst institutions have survived; and over the descendants of their extirpators, they have celebrated a continued posthumous triumph.—We shall hereafter see, that there is good reason for supposing that their regulations are at present even more baneful than when they were first introduced. It entered into their plan to *mortify*. They

succeed no doubt, more than ever, in the literal, if not in the metaphorical acceptation of the term.

It may be observed here, as in the preceding essay, that too long application, in a state of confinement, defeats its own purpose. More would be learned, if the learner were to have his book before him, just as long as his faculties are fresh, and no longer. But the principal loss is sustained by associating painful feelings with the means of instruction. Nor is it only a loss that is sustained. We have here a grand source of positive mischief. It is strict confinement, which renders both the frequent and the long holidays of many schools, so injurious both to mind and body. Children withdraw themselves and their thoughts as far as possible from their irksome labours, the moment they quit the scene where these labours are carried on. They consume their activity at first in sports, that have no beneficial effect beyond mere exertion; and frequently afterwards in pursuits of a positively baneful tendency. Learning, industry, and virtue being perpetually brought into a disadvantageous contrast with ignorance, idleness and misconduct, a very large proportion of those, to whom their circumstances allow a choice, prefer one or other of the latter;

many, all the three. In others, the desire of obtaining the distant advantage of wealth is far from sufficient to counterbalance the odiousness of instruction and the charms of dissipation. In all these instances, it is evident that the constitution will be in danger, and frequently be damaged or destroyed. Between too long sittings and intervals of sufficient exertion, we have found that girls acquire an indolent turn, frequently incompatible with tolerable health, and almost universally, with a joyous state of being. Boys of tender age and weak fibres, are injured in the same way. But those farther advanced and of more vigorous temperament are forced into the evils, which follow from an accumulation of animal power, where there is no sort of discretion to watch over its expenditure. They have, in fact, sensations similar to those of seamen, stung by long privation. To the prisoners discharged from school, perpetual opportunities pretty well make up, in the whole account of mischief, for the more head-long precipitation, with which prisoners from on board ship rush into excesses.

The rule of health for *sedentary* instruction is very simple. From two and a half to four hours in a day, is the longest time that

children, from six and a half to nine years of age, should be required or rather induced to sit. But through this period, as well as previously to it, health and proficiency equally require that the principal pursuits should be of an active nature. There is an easy test, by which we may judge, whether they are at once good for the constitution, and proper in all other points of view. This is the case when they are followed with alacrity; when the curiosity of the pupil expatiates on all sides, and when he occupies himself, during his free hours, in combining the ideas, which he has gained during his hours of study. If, on the contrary, he is vexed and depressed by his lessons, he is most assuredly laying in the seeds of misery and disease. They may or they may not germinate and produce their proper fruit, according to future contingencies. But the habit of feeling, induced in this manner, during childhood, is often most severely felt during the later seasons of life. Causes which without such a preparation would have produced no bad effect, now operate with irresistible violence. The inevitable storms of life shake the system to its foundation, and threaten its demolition. Adversities, which should but furnish the occasion for a dignifying trial of courage,

at once bear down all opposition. To execute one of the measures, prescribed by common prudence, and even to perform one of the offices, required in the usual intercourse of society, is felt as an Herculean labour. In some instances, the very light of day is shunned as loathsome; and at the sight of a strange countenance, a panic terror throws the whole host of animal spirits into confusion.—The reason is perfectly familiar to every person, conversant in the study of animal nature. Any state of feeling or of action, which has repeatedly taken place, may be re-produced after an interval of years, by circumstances that would otherwise have had no such operation. If you teach a child the sounds of different languages, and drop them till he grows up, his pronunciation will be much more perfect, than if he had not practised it early. Exactly in the same manner, whatever impressions are early made on the nerves, will recur on slight provocation, after a prodigious interval. In the delirium of a fever a Prussian peasant surprised his attendants by repeating verses of Homer, which on enquiry he was discovered to have learned when a child, with his lord, 40 years before: in the mean time he had totally forgotten all greek. There are end-

less examples, similar to this upon record. Every man's history would, perhaps, supply example, if accurately known.

That incapability, and those horrors, which seem so incomprehensible to persons who have not felt them, and for which there is no help in wealth, learning, or wisdom, shew themselves in an endless diversity of degrees. It would be unjust to ascribe them to any one origin. But there is no source, from which they more frequently spring, than the perverse discipline of seminaries, derived in a right line, from the establishments of the monks, and bearing in every feature a token of their descent. They would not perhaps occur once in an hundred instances, where young persons were not foully dealt with, and where the faculties should have full, proportionate play during the first ten years of life. This implies an almost uninterrupted and an immediate intercourse with the powers and objects of Nature, and such occasional communications from seniors, as shall render that intercourse safe, wholesome and instructive. Under favour of these advantages children would learn to brave little dangers, to despise petty mishaps, and to profit, for their next plans, from the failure of the last. The arteries would acquire a vigour of pul-

sation, the muscles an elasticity, and the nerves a firmness of tone, which scarce any single calamity, or series of crosses could enfeeble or unhinge; and which are the most precious ingredients towards courage, resolution, efficiency and health.

When little children are immured six, seven, eight or nine hours a day in a comfortless place of confinement, and when the business of this place continually damps the heart, and produces incessant aversion and anxiety, it does not require any preternatural interpreters of the book of fate, like the weird sisters of Macbeth, to understand, what many among these children shall be hereafter.

Mamma! I cannot bear it—Oh! how I do hate it! is language very common in the mouth of boys, just put into their latin grammar, when they dare express what they feel, and can hope for sympathy. But these cries of distress bring no relief. Those, who utter them, are still doomed, for a child's eternity, to the despair which this language bespeaks. The *immediate* cruelty of such treatment is obvious. The lasting mischief it occasions is vouched by every law, by which our machine is regulated, and by the actual condition of a multitude among the

quondam pupils of grammar-schools. It is wonderful that parents as well as school-masters will not see, that to begin with rules, and to keep learners long to rules alone, is also the slowest, the most preposterous and ineffectual of all possible methods of teaching languages.

That species of sickliness, which consists in almost continual uneasy, or overpowering sensations, is at present one of the most common ailments among the opulent. Its formation is generally remote, and requires to be particularly pointed out, because it is unperceived by those, under whose eye it takes place. The principle, on which the disposition towards it may be prevented, is the following. *Take care that your children be not frequently subject to depression—and with despondency let them be entirely unacquainted. If they have small difficulties to struggle with at first; and if the contention be short; their resolution will be strengthened by the proximity of the prize, and they will be able to comprehend the causes of failure and success. It is thus that firmness to act well their part in life will be acquired; an advantage, which many intelligent, but perhaps not sufficiently scrutinizing observers have ascribed to great schools; but which, if ever they*

possessed it, they seem in our times (as will be particularly stated below) to have lost—in consequence of the introduction of a system of manners, awkwardly aping the indulgence and dissipation of the great world. The present mildness of parental conduct, which under a better plan of instruction, would be an inestimable benefit to the rising generation, is utterly inconsistent with the original spirit of our ancient seminaries; and must operate so, as materially to aggravate the evil, and diminish the good, deriveable from those establishments.

NATURE OF THE CONFINEMENT AT SOME SCHOOLS.

In illustration of this important point, I shall relate the case of a boy of fourteen, for whom I have been consulted in the course of the present winter. I saw him on his coming from a considerable school, affiliated to another still larger. Among other things, his heels were dreadfully chopped with chilblains, a complaint which he had never experienced before, and which had risen to this height before the late severe weather. He and his companions suffered in the most cruel manner from cold.—“Their feet,” he

said, “ were dead, so that they could scarce
“ walk, at first going out of school.” The
school-room is about an hundred and twenty
feet long. It has no ceiling. The roof, walls
and windows are in very indifferent repair.
The rain beat in early in winter, so as to
wet and chill the boys excessively. There
is no fire-place, nor any sort of contrivance
for artificial warmth. “ They kept almost all
“ their cloaths upon their backs.” Whoever
had a great-coat and spencer wore them
both. The whole number was nearer two
than one hundred; and of these, 35 were
ten years of age or under. The master (upon
whom it did not depend to put the school
into proper condition) would ask the puny
or smaller boys, if they were cold; but
sending them to a fire in another room for a
time was of little service; and in the room,
where they sat out of school-hours, some
boys would not go near the fire, *because they
should miss it so much afterwards.* They
swallowed their liquid food almost scalding
hot. The breakfast was insufficient to satisfy
the appetite; and they would have been
sorely pinched with hunger, when they had
not money of their own, *if the shop-keepers
had not been accustomed to give them credit.*

They went into school at six in the morn-

ing, and staid till nine, when they breakfasted: they returned into school at ten, and staid till one; and were again in school three hours in the afternoon. They had two afternoon holidays (on which days they were *but* six hours in school), and one whole holiday.

At one of the greatest schools in the kingdom, there is a wise and humane regulation for keeping the boys in the school-room no longer than while they say their lesson. But no inconsiderable part of the preceding horrible history holds of more than one public school: particularly the long confinement, and the want of fires. There the distressing chills oblige boys to have recourse to various expedients to relieve their painful feelings, such as fixing their feet, pressing back against back, and waving for a long time backwards and forwards in this position. Such practices must be considered as bespeaking excessive distress. Children of both sexes will endure cold to a very injurious degree, without effort or complaint, when they are cut off from play. And it particularly deserves notice, that the children most liable to injury from cold are precisely those, who sit most quiet, when they are intensely affected by it.

It requires very little information or discernment to perceive that more disease and destruction must arise from this rigorous treatment now than formerly. At the æra of the institution of monastic schools, all the habits of mankind were more rugged. There was nothing like that contrast of tenderness and severity, which at present exists between school and home. Boys accustomed to apartments with cold floors, loose doors and windows, and walls which did not exclude the most cutting breezes of the sky, made scarce a perceptible transition, when they assembled in the school-room.

They were also infinitely better protected against the inclemency of the element, by which they were surrounded, being clad in coarse wollen. There was neither callico nor linen next the skin. The gowns, worn by the college-boys at Eton, are said to remain as a specimen of the apparel of those times. Thick and shaggy as they are, I am told that they are expressly ordered by the statutes of the finest texture, into which the materials could then be wrought. In an Essay on Consumption (2nd ed. *Longman* p. 89) I have shewn, from the most unquestionable authorities, of how much importance it is to persons exposed to the wet and cold of our

climate, to be dressed in woollen altogether. Since the publication of that essay, I have had opportunities of collecting other information to the same purpose. In Glamorganshire, for example, and indeed in other Welch counties, where the dress of the common people consists of a flannel shirt and a flannel jacket (with a coat of homespun when they are not at work), I am assured by attentive observers, that the disorders which cripple *our* hempen, linen and cotton-clad peasantry, and which materially assist in inducing that premature old age, of which they are so frequently seen to bear all the marks, are scarcely known. Our elegant cottons have therefore probably reduced to the most miserable state, and cut off, still greater multitudes in the wear than in the fabrication. Among their victims may, no doubt, be reckoned many boys, confined in school-rooms, not heated at all—*more majorum*—or not sufficiently heated, according to a common modern practice, of which the author perfectly remembers the severe effects.

INJURIES FROM VIOLENCE.

In the newspaper lists of sick or disabled persons, carried to infirmaries, we find a

certain number, regularly classed under the head of *accidents*. Were a register annually published of our schools, and especially of our large schools, there are few where this title would not appear. Boys out of school are wild animals, subject, without their keeper, to fits both of wanton and sober cruelty. There is no injury, to which the arms, with which nature has furnished our species, are equal, that is not actually committed. To enumerate the several species would be impossible and fruitless. Obliging the weak to exertions beyond their strength, before their bones can be solidly formed—using them, for instance, as horses—is particularly shocking. At those great seminaries, where a regular system of vassalage is established, the practice of frequently keeping the little slaves out of bed till a very late hour, has appeared to me to deserve enumeration among the most odious oppressions of a tyranny, founded not on want of feeling, but of knowledge.

SCHOOL-MASTERS AS TO ONE GRAND POINT.

Every human being may be considered as the centre of action, or as the butt, of a cer-

tain number of surrounding powers. And it entirely depends on the spot in which he stands, whether he shall be struck by many of the fatal shafts. That he may distinguish those, which it most behoves him to avoid, his feelings must be appealed to in some degree. But this appeal is principally useful, in order that his understanding may receive, from the accumulated experience of mankind, impressions sufficiently powerful to determine his habits. The art of making those impressions is worth all the other qualifications of a preceptor put together. But at our schools there is not, in general, the smallest provision for bringing this experience to the ear of youth, at moments when it is most open to admit the practical result. Nor indeed does there seem, among parents or instructors, to exist the smallest suspicion that any such provision may be necessary.

I own myself, however, at a loss to conceive how it is possible that the heart of a father or mother should fail to melt within them, if they pursue the most obvious train of reflection upon this subject, and put together a few of the most incontrovertible truths.—“Here is a human being, whom I
“have reared with infinite care and anxiety.
“He is capable of a long course of enjoy-

“ment, but is still, for reasons peculiar to
“his age, extremely liable to sudden destruc-
“tion, and particularly so to lasting injury.
“The far greater number of the causes of
“such calamities have been explored, and
“stand registered in full. He is perfectly
“capable of comprehending their operation;
“and was he furnished with the knowledge
“of it, he *must* regulate his conduct accor-
“dingly. But by the most flagrant of all
“prescriptive absurdities, it will be the
“same thing to him, as though neither his
“capacity, nor his susceptibility to injury,
“nor that accumulation of experience existed.
“He will be in the condition of a ward, de-
“prived of the most precious part of his
“inheritance by the incompetency of his
“guardians. For of all things human and
“divine, it is acknowledged that the persons,
“to whom he is about to be entrusted, under-
“stand the least, what is principally to be
“deduced from the fate of past generations,
“for the benefit of the present. If so, what
“a cruel mockery to commit him to their
“care! As well keep all nautical instruc-
“tion from one, whose future security is
“entirely to depend on his skill in naviga-
“tion; and by way of preparing him to
“encounter the perils of the ocean, put him
“apprentice to a fidler!”

WISDOM FROM SCHOOL-EXPERIENCE.

Something of the tactics of life is acquired at a public school. Who will deny it? In what situation, except in a dungeon, is not something of this kind to be acquired? By mutual collision, children will communicate to one another more or less of the valuable qualities of fortitude and enterprize. Even in the worst scenes of depravity and wretchedness, a few of the actors may benefit, in the same manner, at the expence of the rest.

Activity is alike essential to success, to utility, and health. But where is the necessity that activity should be exerted in destroying the produce of labour, and in inflicting pain? At school and at home, the *spirit of mischief* seems to be contemplated with improvident satisfaction. Whoever fosters this spirit in a young person, may rest assured that, whatever he does with regard to others, he will, some time or other, exert it against himself with effect.

If we consider what it is that ought to be gained towards the welfare of the rest of life, during the years between childhood and maturity, we shall find that schools, according

to present usages, are lotteries with an infinite proportion of blanks; that the prizes themselves are of low value; and that a beneficial chance must often be purchased at the price of one's all. Of the present and future consequences of what they do and suffer, it is never any thing beyond a gross knowledge of the former, which school-boys attain. They find out which can give and which can take the hardest blow. They settle an intellectual precedence, which is often afterwards reversed. For the sum and substance of what is cultivated at classical schools stands, both in its applicability and in its influence on the faculties, so much below what is neglected, that if a boy be casually thrown into almost any other method of study or meet with an accidental incitement, he may, in a single year, surpass a school-fellow, who has been, for seven years, his superior in mere Greek and Latin. —The forethought, which boys learn to exercise at school, seems to border too often upon the nature of cunning. And if so, it must contribute to their future disadvantage rather than their advantage. They delight to shew their wit, in eluding the vigilance of the master, and their courage in breaking the rules of the institution. They lay plots to

obtain prohibited articles; and scruple not to obtain them by theft. Their secret thoughts are intent upon sensual gratifications, which become continually more dangerous, as those that indulge in them advance in years. And they know no bounds but those prescribed by physical necessity. There is, indeed, hardly a possibility that they should lay themselves under any restraint. Their proper business does not sufficiently engage their feelings; nor are they, once, perhaps, in ten thousand times, *duly* apprized of the tendency of their excesses. Hence, were another ASMODEUS to disclose to us the history of our tombs and sick-chambers, he would be often obliged to begin with the arrangements and omissions at places of education. But also, if he could plant a window in the breast of living multitudes, or render the feelings audible, schoolmasters would need no other inducement to qualify themselves for making *that* an essential part of instruction, which is most essential to happiness. It is to be considered, that they themselves have not been more fortunate in their education than their pupils. They do not wilfully reject the good. Their eyes have never been opened to it. FORTUNE is represented as blindfold herself. CUSTOM

might be represented, as blindfolding all the world.

*PECULIARITIES OF SOME
GREAT SCHOOLS.*

In some of these places, it appears ridiculous to expect that mind or body shall be invigorated by competition. The scholars frequently feel no interest in their studies. The poor substitute of compulsion is either not resorted to, or is unavailing. The stimulus of indigence may act upon some. A master may be weak enough to conduct himself differently towards boys of different description. To the miserable industry of the active, writing verse in a dead language is proposed as the supreme excellence. Of others, the faculties would rust, if they had no motion but what they derive from literature. But they are not unoccupied. They employ themselves in schemes for getting rid of their time and their health. They drink, row and ride. Little boys, if I am not grossly misinformed, guzzle at their meals so strong a fermented liquor as porter. The bigger frequently super-add wine; and not in very sparing quantities. The large sums they procure from home, and the more extensive credit they

find at inns and shops, enable them to follow their seniors with no very unequal steps. There is nothing to check their career, except the failure of these resources. Two circumstances, which operate elsewhere as a considerable restraint upon vicious propensities, are wanting here; namely, difference of age, sex and occupation; and more or less acquaintance with consequences.—Where such an order of things prevails, it is idle to stop to settle the account between cause and effect. Every reader can do it for himself. It is obvious, that life must gush out in full streams, as from Seneca in the bath. And to judge by the state of the person, which should always be taken as the grand criterion between mortals, the richest heirs, in consequence of debauchery begun at school, often turn out the poorest devils in the country.

The debauchery that begins at school, increases at college. And those who before escaped, now enter into it. I speak from observation in the University at Oxford, at different periods, during eighteen years; and in so simple a fact, I have no apprehension of being contradicted. Drunkenness was said to be on the decline; and, I believe, most truly. Each college had not, probably, above

one drunken party. But it was an unproved practice, among a vast proportion even of the youngest members, to drink some glasses of wine daily. The poorer students contented themselves with ale. All competent observers are agreed, as to the pernicious effects of fermented liquors. And this operation is generally more pernicious, as he who drinks them is younger. By persons below five-and-twenty, they should never be taken but as medicines; and it would be better not to take them but as the cordials of old age, that is, always medicinally. It is impossible that three or four glasses of port wine—a quantity, which usage miscalculates as small—should be regularly swallowed by the under-graduates of our universities without curtailing life, or making it miserable; and indeed, without doing both in a tremendous number of instances. The fact is evidenced in the most ample manner by the spleen, the gout, the palsy, the lunacy, the premature decrepitude, so prevalent among the gentry, the clergy, and others, who have been unfortunately deluded by example and by ignorance of the laws of their own nature into this habit, at an early period. There are, unquestionably, (whatever the zealots of temperance may say,) counter-

acting causes. Some of these can be assigned. And in a subsequent section, I shall consider how far there is any thing in the reigning manners by which we may hope to be frequently preserved from the effects of this consuming poison.

D E B T.

Paper-money is said—

To lend corruption lighter wings to fly.

The universal facility of credit in this country is an admirable accommodation to those students, who are in haste to ruin their constitution. If it acts indirectly by bringing the physical causes of disease into motion, it frequently also comes to operate directly as a moral cause. I have known several students, who being nothing inferior to their more opulent comrades in animal spirits and pride, embraced the opportunity which our universities so liberally afford of incurring debts, which the revenue of a curacy did not enable them to discharge. They afterwards suffered greatly in mind and body from chagrin on this account. The articles they procured on trust, brought on the horrible sensations, known only to persons, afflicted

with hypochondrasis, and with a disposition to melancholy madness. In this situation, the dread and the persecutions of unsatisfied creditors, contributed to bereave them of hope or of their reason.

With regard to food, the schoolmasters, in general, of the present day, deal with their boys in the most liberal manner. There is reason to believe, that during the late scarcity, their humanity frequently induced them to forego all profit. There appear, however, to be exceptions; the school, of which some part of the history is related above, forms a remarkable one. There, and at some other schools, it has been a standing custom to serve a three-farthing* roll for breakfast. The letter of the regulation has been observed in cruel opposition to its spirit. The allowance, even during the late dear season, being determined by price, and not by quantity. The customs, as well as the rules of certain old institutions, which the master has no power to amend, inevitably drive boys into debt from stress of hunger. It is no-

* “ Our allowance was neither a penny or a halfpenny roll, but a three-farthing one, during the plenty and scarcity; also the dinner was not sufficient or supper.”

Note in the author's hands.

thing uncommon, for example, to hear the parties aggrieved complain, that a kitchen perquisite, too paltry to be named, acts as an inducement with the cooks, to overdress the meat till it is unfit to be eaten. Nor do I repeat this upon hear-say, but after the examination and cross-examination of young men, by no means disposed to exaggerate the hardships they have to sustain. I am well aware that such a propensity does often exist, and have, consequently, always endeavoured to guard against being misled by it. Again, there is sometimes only provision for half the mess. The weaker division must, therefore, be content with the part of the inferior beasts, who had hunted down a deer in society with the king of the forest.

The calls of nature, however, will be satisfied. The pocket-money is not always equal to the provision of the necessary means. When that is gone, what resource is left but credit?—The habit, thus begun in necessity, will often be continued for the sake of indulgence, and may terminate in wretchedness and ruin.

*BOYS DISGUSTED INTO NEGLECT
OF HEALTH.*

These and other imprudences, whose effects future contingencies determine, in some instances, to the mind, and in others, to the body, can only be prevented by timely precautions. *But upon what sort of precautions can we place reliance?* Those, who feel a practical persuasion that health is the best provision they can make for their sons, have no call upon their understanding more urgent than the study of this problem. Its solution cannot be said to require great acuteness, but it requires perfect impartiality. And, in deliberations concerning the points, that most nearly touch human nature, impartiality is a quality more rare than acuteness.

From the practice of the world, we might collect a considerable list of precautions; but it would be almost wholly negative. The annals of private families, of our schools and universities, unite to testify against the sufficiency of the measures, commonly adopted. Advice is wormwood. Reproach in its first operation is cantharides. It not only makes the mind sore, but leaves it

callous, if frequently administered. Exhortation and intreaty will rouse the nerves for a few times. But, like other volatiles, their effect soon goes off; and, by repetition, they altogether lose their power. None of these articles of the moral *materia medica* appear fit to form part of a constant wholesome regimen, though in emergencies, if judiciously employed, they are capable, no doubt, of producing the happiest effects. I forbear to particularize other means, upon which mankind have long placed implicit reliance, and which only fail, perhaps, because they are seldom adapted to the case of the young and the unwary.

Infinite good may doubtless be done by oral addresses. But it must be considered that this is an affair, in which nothing is indifferent. What does no good, must do harm. Whoever treats the subject improperly, spoils it for another. To give disgust for the knowledge, that belongs to the proper care of health, is to labour to its destruction. This may be often seen. Advice, reproach, punishments and lectures induce such a soreness of sensibility, that whenever a topic, connected with self-preservation, starts up in the way of the party advised, reproached,

punished and lectured, he will fly from it with as strong signs of loathing, as if it were an adder or a toad. Do you endeavour to open his eyes to the horrors of that fate, to which he is hastening? He will, perhaps, with inattentive complaisance, suffer you to proceed. Or, if you be one, with whom he does not deem it necessary to stand upon ceremony, he will cut you short with a familiar oath: *Oh! aye, right—just so—you have it.—But I have heard a d—n'd deal too much of that sort of thing already.*

In the preceding numbers I have said enough to point out the principle, on which I think that what is vainly attempted by repulsive measures, may be attained with the utmost certainty. It is now time to illustrate the principle by example. For which purpose, I fix upon the most delicate article in the whole scheme for creating a disposition favourable to the care of the constitution.

GRAND SOURCE OF UNHEALTHINESS IN THE MALE SEX.

The classes, whose present lot in life I am considering, are injured *by continued indolent or passive enjoyments, by abuse of stimulating liquors, and by mismanagement as to heat and*

cold. From none of these sources, however, does there spring a larger quantity of bodily and mental affliction, than from the PASSION OF THE GROVES, as it has been denominated, in a particular tribe of animals, by one of our poets. In Europe and Asia there is observed, towards young people, by their friends, a treatment almost as different as the religions, which predominate in those two quarters of the globe. In many parts of Asia, free and permitted indulgence reduces boys to a condition, which it is difficult to contemplate, without wishing that so horrible a system of manners may be abolished at almost any hazard. The difference of European manners, and particularly of those, which prevail in Great Britain, need not be particularly stated, nor their origin, which is distinctly laid down in history, related. There can, undoubtedly, be no comparison between the two methods of proceeding, but practitioners of medicine, and innumerable heads of families, have reason to know that the better is not good enough to guard against evil to the extent that could be wished.

Were it possible to keep young people in entire ignorance, nothing further would be necessary. A passion must, at least, be formed, before it can be injurious. In regard to

the passion, to which the present section refers, the first object is to retard its formation. The second to hinder it from attaining uncontrollable violence, and to give it a proper direction. But, who can hope sufficiently to prolong the state of ignorance for either of these ends? Is it not in vain that parents maintain a religious silence? Will not curiosity be raised by occurrences, inevitable in any situation? and will it not be gratified by communications, almost equally inevitable? In a multitude of instances, will not desire be awakened before its natural season, and raised to a height, which shall never permit the body to attain its full vigour, and shall keep the mind in a state of constant perturbation, after the bodily powers are worn out?

This process must blast every hope of the enjoyment of health, and, on all accounts, it deserves to be a little more narrowly inspected. Almost every child is led to consider how he himself, or how an infant brother or sister came into the world. He cannot satisfy himself, and therefore applies, where he has always been accustomed to resort for intelligence in his difficulties—Is he put off with a ludicrous answer, accompanied by a corresponding expression of countenance?—He snuffs deceit, and feels humiliated: or after-

wards detects the imposition. In either case, this, as we shall immediately see, may become the first step towards the various mischiefs, that lurk in the train of early sexual intemperance. For half a century past, parents have been properly advised by writers on education to exempt themselves, betimes, from the obligation of answering all the interrogatories of children. To recur to this practice in the present case, will be attended with much less danger than giving a false reply; but as most families are circumstanced, it will still be hazardous. The striking answer, recorded by Rousseau, could apply only with full effect to a child, that had itself suffered from the passage of a stone.* And, even so, it appears to deviate from that indispensable rule—*truth or silence.*†

Since then, in all but very uncommon situations, it is impossible to suppress information, it should be gravely, decently and early imparted. Anticipate servants and

* *Mon fils, repondit la mere sans hesiter, les femmes les pissent avec des douleurs, qui leur content quelquefois la vie.*

† Je n'ai pas besoin d'ajouter que vos reponses doivent être vraies—Un seul mensonge averé du maître à l'eleve ruinerait à jamais tout le fruit de l' education.

loose companions ; that the great secret may not be presented in seductive colours. It is very seldom possible to raise a fence round a family, which shall prevent impurity from ever coming into contact with its younger members. But it is very practicable to follow the surer method of rendering them superior in knowledge to those, most likely to be their corruptors. But this superiority will answer no end, if it be founded on declensions and conjugations. It must include domestic œconomy and natural history,—particularly that of man. It is astonishing, what influence a very few ideas on this subject give a grown person over the mind of a boy. The wisdom, that extends beyond a child's sphere, he supposes to be boundless. Artists have confessed, that there has been a time, when they have received more delight from the painting on a sign, than from the works of the greatest masters afterwards. Philosophers, who can recal their early impressions, will be sensible, that there is no human intellect, to which they have rendered more profound homage than to that of the nurse and the footman. The communications of domestics are likewise the more captivating, because they are made up of particular facts, and because they are unac-

accompanied by any of the forms of rhetoric, noticed in the last section. Not to add that participation in secret,* incommunicable doctrines has, in all ages, been a bond of union, stronger than the ties of blood.

The following seems to me an irresistible argument in favor of full disclosure. The mischief, which privately lays waste society, arises from partial information. It is not any thing, exhibited to sense and made plain to the understanding, but a mysterious cast of the features, nods of intelligence, and half-sentences, that usually act as the first ferment, and set the imagination to work, till it becomes corrupted. Amorous poetry and prose, to which this sort of kitchen tuition may be considered as preparatory, operate upon the same principle.—I doubt whether Hogarth himself could have managed the subject with decorum. Otherwise, a design, representing the origin of the generality of our novels, might have an excellent moral tendency. In the latin accident, there is shewn, for the encouragement of industry, a tree, loaded with the fruit of learning. The pupils are picking it up and stowing it in

* τα απορρητα

their satchel. In like manner, I would have a tree hung with novels. Its stem should be just seen, dividing at the ground, into two main roots; and these roots—but I will not complete the sketch, for fear of drawing down upon a faithful emblem, the odium due to the thing signified. I should be sorry to excite a feeling, under favour of which many productions of this class should escape the reprobation of parents, intent upon rearing a family, unpolluted in mind and person.

The impressions, which are thus formed and thus strengthened in the unprepared mind, lead early, as is well understood of the stronger sex, to destructive practices* of

* After having seen persons, deprived of health, of the faculty of pleasurable sensation, and nearly of their understanding, by a vice, which has been the subject of many admonitory medical tracts, I can never doubt of its frequency, nor of its destructive effects. The one and the other rest upon authority as good as any set of facts whatever belonging to human nature. Since TISSOT, SALZMANN, OEST, WINTERFELD, CAMPE, VILLAUME, BAUER and others have collected a body of evidence, which may indeed well disgust, but which must convince, where there is no predetermination to reject all testimony on the subject. Though there are, it should seem, various things, destined to be disbelieved, because they are offensive to the imagination.

Many sensible people have conceived that the evil lies in the alarm, engendered by quack advertisements. These

more than one kind. The ravages of a par-

advertisements may add to the despair of the poor wretches, who read them with trembling faith. But it is not possible that a diseased condition, marked, when it has arisen to a certain degree, by symptoms as clear as those of a fever, could have been so produced. There is proof enough that this is not their genuine origin. In a variety of examples, children have been reduced to the most deplorable state, without having any idea of the manner in which they were injuring themselves. I shall abridge an instance from a respectable author, and could add others from my own observation.—“ At length, but ten years too late, “ Tissot’s tract fell into my hands—My eyes were now “ opened all at once. - - - *I was already excessively enfeebled* “ *and reduced.* Every body said, *he is far gone in a decline.* “ Yet I had never had a single suspicion of the real cause “ of my waste. I now learnt it with horror. *Oh, thought* “ *I, what culpable parents, teachers and friends ! not to give* “ *warning against this vice ! What destructive ignorance* “ *prevails in the world as to its consequences—*I resolved to “ abandon it. This I found difficult, but not impossible.

“ My present situation is as follows : My faculties are “ greatly impaired. My apprehension is become blunt : “ continued thinking is impracticable : my memory is “ weak, or rather entirely gone - - - my body is helpless, “ mere skin and bones. The sight of me excites horror— “ Oh, that all ignorant and thoughtless sinners against “ themselves were by to look on - - - But not only am I “ disabled ; I constantly feel the most violent pains, par- “ ticularly where I have offended most - - - Add to this a “ restlessness and a melancholy, that exceeds every thing— “ Often should I have yielded to the temptation of putting “ an end to my wretched existence, if the motives of reason

ticular disorder, and of its specific remedy, amount but to a trifle in comparison with that misery, for which no advice is sought, except when it arises to visible disability—though in much inferior degrees, it extinguishes all present pleasure, and all hope as to the remainder of life. Into whichever habit, any one falls through ignorance or is misled, its baneful effects will, I apprehend, be in proportion to his youth, to his sensibility, and the rate, at which his excesses are carried on. In either case, there are certain signs, which do not indeed occur universally, nor early enough to prevent much damage, but which ought to raise suspicion in those, who have the care of persons, *almost ever so young*.

The eye loses its lustre and no longer sparkles with the fire of youth. Vision, in process of time, becomes dim. The eye-balls sink and the sockets grow hollow, as in atrophy or consumption. The features acquire a flabby appearance. A look of age supervenes. The complexion sometimes changes from

“ and the doctrines of the most beneficent religion—which
 “ is my only friend and treasure—had not restrained me,
 “ I am indeed however convinced that in my case there
 “ is little moral transgression, as I never had the least
 “ intimation of the consequences of this practice.”

clear to a muddy paleness ; and frequently, an eruption of a livid hue breaks out. Briskness of motion and vivacity are lost. A morning heaviness, (almost a sleepiness) after dead sleep in the latter part of the night, comes on ; and there are great complaints of being relaxed or overpowered in warm weather, and of being proportionably chilled in cold. Imagination and memory decay. No continued effort of mind or body can be borne. The ears incessantly ring ; deafness ensues ; and epileptic fits or atrophy. Suicide is a common subject of meditation ; and is sometimes actually perpetrated. The sensibility grows excessive ; but the feelings are all of the painful kind ; and moroseness and habitual dejection follow in due gradation. The nerves are perpetually a-jar. There is within, an incessant discord of flats and sharps, of which, without having seen and heard persons tormented by it, no adequate conception can be formed. When animals, having cold blood, are made to take opium, they will lie stretched out, almost dissolved and perfectly motionless for a long time, but if you touch them with a feather, or strike the table, they are instantly thrown into convulsions. This experiment affords ocular illustration of the interior state of those

baby debauchees, in favour of whose constitution their parents do not effectually provide for the observance of that rule, to which Tacitus* wisely ascribes the *unexhausted puberty* of the ancient Germans of both sexes.

Girls are, by no means, strangers to a similar species of ill-health.--The manner, in which the passion I am speaking of, and the objects of it, are presented to their imagination, produce effects, much the same as those last described in the case of boys. In boarding-schools, it is scarce possible but that there should be a few, to whom the mysteries of this passion should have been revealed in the way, most likely to kindle a dangerous flame; and even from *one*, it cannot fail to be communicated to a great number of school-fellows and to be kept up among succeeding races, like the eternal fire of Vesta.

* Sera juvenum venus : eoque inexhausta pubertas : nec virgines festinantur ; eadem juvenita ; similis proceritas. Pares validæque miscentur ; ac robora parentum liberi referunt.

I say *baby* debauchees. I will not needlessly sully my pages with documents to shew the propriety of this term. But I cou'd produce them in numbers.

The power of certain ideas to irritate certain organs, after the association has once been formed, is a fact that requires no illustration. Upon this principle, there requires nothing, but mere circulating-library literature to account for a great deal of the sickliness we find existing in society. The sensations, to which all these melting tales immediately give rise, and the voluptuous reveries, which they leave behind, may, without injustice, be regarded, as a part of the concealed fountains, from which the NILE of female unhealthiness derives its origin.*

* I disapprove, as much as any one, of the clumsy practice of distracting attention by long notes. But I purposely throw certain matters out of the text, in order that those, who choose, may pass beside them.—A popular writer on the prevention of diseases would deal unfairly, were he not to apprize mothers of the possibility of the appetite of puberty being prematurely excited, and occasioning misconduct, much more active than any wanderings of fancy. As I had rather go abroad for illustrations of such a subject, I shall produce the following cases and observations from a writer, some of whose works are well known in this country. I mean the late Dr. Zimmermann.

“ A particular vice, (says he) is more dangerous in the
“ other sex than in ours, though it is less known, as being
“ carried on more in solitary chambers, and in the darkness
“ of night. There is no complaint, by which beauty is so

These, and other considerations, may per-

“ soon blasted. Nothing so soon robs youth of its freshness, and all enjoyments of their relish. Hence in young women sickness so often without any disease. Hence that debility, which before and after marriage, is the cause of so many nervous ailments.—

“ Girls, during the period of childhood and of perfect innocence, before the possibility of any propensity to voluptuousness is suspected, fall into a pernicious clandestine practice.”

Case 1. “ A father consulted me in behalf of his daughter, only five years old, on account of a nervous weakness of the kind, that quickly passes into epilepsy. The child, he told me, took a particular pleasure *when alone*, in leaning over a stool or upon the stairs, and throwing herself into violent agitations, till the sweat dropped from her forehead. He was in hopes, *as she manifested an understanding far exceeding her years*, that he should be enabled to put a stop to the habit. He added, that he had discovered to his astonishment that the child had acquired it at school. The governess was an old, simple person. From mere ignorance, she had mistaken a vice, very frequent in her school, for a harmless practice, and even supposed it a symptom of worms.”

Case 2. “ A girl of thirteen has complained, for a twelvemonth, of a violent head-ache, which was originally attended by dizziness, now intermits but few hours in the day, and at its greatest height brings on a burning of the eyes. She is, at the same time, heavy, often extremely dejected, and apt to fall into tears without any external provocation. Her faculties are upon the decline; her look observantly timid. When a child, she was

suade the governors of some families, that

“ remarkably lively ; bnt now all the joyousness of youth
“ has vanished. Her former physician looked upon these,
“ merely as symptoms of an approaching change of con-
“ stitution.

“ At length, the elder sister, who had read Tissot,
“ avowed that, *at six years of age*, the invalid had fallen
“ into the vice, of which that author treats. *She never went*
“ *to bed without practising it, till she fell asleep from exhaus-*
“ *tion. Though she herself had never received any intimation,*
“ *that this was improper, yet it had struck her as so. She had*
“ *therefore remonstrated in every possible way, but in vain.*
“ *At length, she had adopted the custom of holding both the*
“ *other's hands, till she fell asleep. This had gradually*
“ *weaned the younger from her bad habit.*

“ Four years ago, however, the elder having married,
“ and the younger being left to herself, an irresistible
“ urgency impelled her to her old transgression. The idea
“ occupied her whole soul, and left no vacancy for any
“ other thought.

“ She appeared, continues Dr. Zimmermann, exces-
“ sively pale, and had a livid circle round the eyes, whereas
“ before she had been particularly florid. Other conse-
“ quences gradually followed. She grew so weak as not
“ to be able to support herself on her limbs. Then came on
“ the head-ache with its accompanying symptoms ; and so
“ excessive was her sensibility, that the smallest alarm made
“ her shake violently.—

“ It will be said that worms occasion a feeling in girls,
“ that leads to those means of alleviation, which I consider
“ erroneously as an infamous gratification. But the objec-
“ tion is groundless. In these, as in other similar cases,

the most violent, and consequently the most dangerous, principle of action, which nature has implanted in man and woman, ought not to be left to the direction of blind hazard. This being admitted, it follows as a necessary consequence, that the check must be placed close beside the moving power; or, in other words, that the understanding must be enabled to restrain and guide the impulses of

“there were no worms. And even should worms prove
 “the first incentive to this habit, what difference does that
 “make as to its consequences? A child that is led by
 “worms to discover a method of exciting a pleasurable
 “sensation, will renew it without that stimulus; and so
 “it falls gradually into a destructive vice.

“But it may be said that from various causes, there
 “arises, at a very early age, an itching in particular parts,
 “and should the method, that children take to procure
 “relief, be branded in such harsh terms?

“By no means. But much sooner in life than is com-
 “monly supposed, voluptuous ideas will arise in girls
 “from any accidental irritation, however simple and
 “destitute of images they may appear at this period. In
 “a temperament of great sensibility, these ideas get pos-
 “session of the imagination. And as soon as the plea-
 “sure is sought without any bodily irritation, I should
 “call it by the offensive name. The frequent rubbing of
 “particular parts, whether to allay itching occasioned by
 “worms or by any other cause, is not the vice itself, but
 “leads directly to it.”

appetite. For in the relative situation, in which mankind find themselves, and in which they will, probably, for ever continue, scarce any individual can attend to another with so much vigilance, as to secure him from the various and frequent dangers, to which the universal passion of youth and manhood must expose him. No one, certainly, can regulate the imagination of another, except by the communication of ideas and feelings.

Anatomy and physiology must be resorted to for the knowledge, necessary to prevent that corruption of mind and manners, of which the date is frequently so early, and the consequences so lasting. And it was with a view to this, more than to any other single application, that I stated an acquaintance with these sciences, as indispensable to parents, who are in earnest to secure to their children the internal means of happiness in full measure. There may be a variety of ways of applying the science of the human body to this purpose, not only without disparagement to a parent's dignity, but so as to form a close and indestructible bond of family union. I shall delineate the outlines of that method, which appears to me easy and safe. If fathers and mothers, who may have

the good fortune to be convinced, should not feel themselves instantly qualified for the execution of the plan, they may find, almost every where, books and persons to assist them. And half a year's application will not be thrown away, if, with respect to themselves, it should terminate in enlargement of their stock of ideas, and with regard to their children, in preventing

The deep damnation of their taking off.

The first thing I have to recommend, is but the extension of a practice, happily now become very common. The number of elementary books on natural history, already composed for the purpose of education, familiarize children with the form and the manners of animals. To this, I would add, the natural history of vegetables also. From the exterior, it is easy to allure curiosity farther. The admission of air into the bones of birds, by which they are so admirably qualified for flying with ease, would be one of the examples of anatomical instruction, most easy to the preceptor, and most agreeable to the pupil. The different conformation of different birds in this particular, would add greatly to the interest, which the subject could not but inspire.

Digestion will form another copious source of entertainment, if the astonishing power of the stomach in some animals be properly unfolded.—By degrees, the circulation of the blood might take its turn; and this would lead to the difference that subsists in animals before and after birth. Hence there would be but a step to the reproduction of the various tribes of organic beings. I should advise taking the first instance from among the amphibia, as being remote from the human species, and therefore incapable of raising improper emotions. SPALLANZANI's dissertations on natural history, will supply the requisite information; in spring, the frog may easily be found, bringing forth its spawn. A female should be killed, as is instantaneously done by immersion in very hot water, and then opened to shew the origin of the eggs.—It should be a rule to explain this whole subject by word of mouth. A collection of facts and engravings, relative to this part of natural history, for the use of those, who have the care of young people, is one of the works, at present, most required by the state of society.—It would be the best substitute for popular lectures in anatomy.

The examination of a hen, when full of eggs, presents no difficulty. At least, a

dissector, sufficiently skilful, is to be met with every where. And after such an examination, the thoughts might be cast off, to great advantage, in a variety of different directions. The superior fertility of oviparous animals, might be exemplified from the pigeon, that hatches two eggs, and the hen, that hatches a dozen and upwards, to the herring that lays a thousand at once, the carp, that lays several hundred thousands, and the cod, that exceeds a million. These facts would introduce an account of the tribes, that people the *multitudinous* ocean. And thus would innocent associations be formed, and, what is one most desirable object, the mind be preoccupied, to the exclusion of those trains, that secretly prey, like a canker, upon the constitution, or bring it to ruin before complete puberty.

It ought to be contrived, that a child, so far instructed, may be present at the labour-pains of a domestic quadruped. Afterwards, he might be led to consider the difference between the oviparous and viviparous classes. The latter might be represented as hatching within the body the eggs, which the others exclude. The severe sufferings, which attend pregnancy, and the dangers of child-birth, if exhibited in just colours, would be produc-

tive of much direct and collateral advantage to both sexes. In our's, it would give rise to a disposition, favourable to the happiness of females ;—and how often does the contrary take place in consequence of the improper manner, in which the knowledge of the sexual relation is imparted ! And to women, it would give a deep and effectual warning against those modes and habits, which affect them so injuriously in the character of mothers.

In all this course, as much of the *history* of diseases should be introduced, as consists in well-ascertained and intelligible facts. To the account of digestion, for instance, there should be subjoined an account of the injuries, which the organs of digestion so frequently sustain from free indulgence in fermented liquors.—When the functions of the brain and nerves are explained, (and for the purpose in view, they are sufficiently understood,) the explanation should be accompanied by a correspondent detail. This would be full of lessons, the most useful to the present and future generations. It would comprehend the convulsive startings and shocks, to which the causes pointed out in the preceding Essay, render women for ever subject. It would shew how the most

trifling chagrin can, in a moment, unman him, whose youth has been haunted by school-terrors, and his maturer years by the furies of ambition or of avarice.— It would go on to the general imbecillity, and final loss of sense and motion, induced by the early habit and eager repetition of those intense pleasures, that shake the nervous system from the root to its slenderest twig.

The end of the proposed instruction being altogether different from that of lectures for students of medicine, the reader ought not to be surprised at the difference of method. Nor should the intermixture of subjects be regarded as disorder. The intention is, by variety of examples, to habituate the mind to the reference of the structure and use of parts to good and evil. When this has been done in a variety of other cases, it will be not only safe, but the greatest means of security, to enter minutely into the peculiarities of the sexes. This will be best begun by the physiology of vegetables. The leading ideas may be communicated, and nearly all the terms explained, in relating the experiments upon the parts of fruitification in plants. And I have heard this doctrine delivered to a mixed audience, without offence to delicacy or scandal.

The calculous concretions, that are formed in the gall-bladder and in the intestines, particularly of horses, may afford the instructor an opportunity of entering upon the formation and passage of gravel and stone in the human species. He might then speak of the greater exemption of the female sex from the sufferings, which men experience in consequence of the difference of dimension in the canals, which these hard and rough bodies have to traverse. Here would be an opportunity of shewing figures of the parts, or (what, if practicable, would be better) producing preparations of them from animals or from man.

The circumstance by which an acquaintance with the organs in man would be best introduced is the immense length of the convolutions of the seminal arteries in the testis. An accident, in which this tender part should receive a blow, would furnish a fair occasion for taking up the subject. The delicacy of the organization would be rendered particularly striking by a drawing or exhibition of the convolutions of the arteries, when unravelled. The injuries, to which these bodies are liable, would then be easily conceived. The fire and strength of the bull and the stallion would illustrate their

importance to the system. The Italian *castrati* would shew that the same law extends to man. Indignation would kindle at the idea that, in civilized and christian Europe, there should be suffered to exist public signs and inscriptions, offering the performance of this male mutilation at a *reasonable* price, and that there should be parents unnatural enough to subject their boys to it. A lively picture of the feebleness, incapacity and frequent depravity of the beings, thus mutilated, would produce the most salutary impression. For it might be transferred, in full force, to practices still worse than mutilation; since in addition to their enervating effect, they induce a train of diseases, some of them the most painful and hopeless that affect human nature. Here it is obvious the various symptoms of the malady, falsely said to have been introduced into Europe from America, would find their proper place. Enlargement of the prostate gland, strictures in the urethra and schirrus of the testicle would follow. And to elucidate these fearful ailments, the parts themselves, figured or prepared, might be brought into view without any danger of exciting one lascivious feeling. On the contrary, as without overcharging a single particular, it would be apparent that, nineteen

times in twenty, men bring upon themselves all the mischiefs which have their seat in these delicately constructed organs, the excitement of such feelings would be prevented by so guarded a kind of representation.

Among the means of preserving young people from imprudence, it has been advised to carry them to the institutions for patients, labouring under the effects of indulgence of the sexual passion. The advice is said to have been followed with success. “ I once, says a writer of good credit, “ carried several of my pupils to the *Charité* at Berlin, “ after having spoken to them on the origin “ and nature of the diseases, to which that “ hospital is appropriated. And I am satisfied that the impression of horror, excited “ by the objects, can never be erased from “ their minds.”—I have made a similar experiment with the same result. It was in the case of a young man, whom I more than suspected to be entering, in full ignorance, on the career, which has secretly ruined the constitution and peace of mind of so many others. Without preparation or explanation, I took an opportunity of shewing him a debauchee, whose organs were half consumed by corroding ulcers. The sight, the smell, and perhaps a flash of light, suddenly reflected

upon his own mind, rendered him immediately faint. On his way from the habitation of the mangled and offensive invalid, he proposed a variety of questions, suggested by the spectacle. I gave him to understand that the situation he had been witnessing, was, by no means, one of the most deplorable, to which the same appetite reduces the imprudent. He took up the remark with the utmost interest. It was easy to confirm it by a variety of facts. These had the effect of inducing a confession; and the vice, into which this young person had been plunged by evil communications, was without difficulty, and for ever, abandoned.

I should consider that child as perfectly shielded against external corruption, and against the more dangerous pictures, formed by the imagination, who should derive his first knowledge of the circumstances, constituting the distinction of sex from anatomy.*

* Since the above was composed by the printer, I have met with the following fact, in a writer on education.
 “ When a youth of nineteen, I happened to be present at the
 “ dissection of a female subject, when part of the doctrine
 “ of generation was explained. The whole struck me
 “ much. The person who delivered the lecture spoke with
 “ such dignity, that I have often blessed him for it after-

It is not possible to conceive emotions more opposite than those excited by the aspect of a dead body, and by licentious conversation; or even by the jests, from which, unfortunately, many persons of reflection, and, in other respects, of decent conduct, do not restrain themselves in the presence of boys. No power would afterwards be able to deprive the ideas, impressed by such a sight, of their serious complection.

It is in vain that we dissemble to ourselves the eagerness, with which children of either sex, seek to satisfy themselves concerning the conformation of the other. No degree of reserve in the heads of families, no contrivance, no care to put books of one description out of sight, and to garble others, has perhaps, with any one set of children, succeeded in preventing or stifling this kind of curiosity. No part of the history of human thought would perhaps be more singular than the stratagems, devised by young people in different situations to make themselves masters or mistresses of the secret. And

“wards. My ideas were brought into good order by this
“lecture; and I am certain it suppressed many loose
“thoughts - - - - - Such lectures would assuredly
“always be lessons of virtue.”

every discovery, due to their own enquiries, can be but so much oil, poured upon an imagination in flames. Of course, every such discovery will endanger their innocence or their health. Of so great importance are the feelings, with which information on this subject is *originally* accompanied.*

The disclosure of the whole structure and functions of the sexual organs having once been made, there will be little difficulty. An enquiry into the periods of life, at which nature has made men and women in different regions, capable without injury of continuing their kind, will lead from natural history into morality and law. Here will be an opportunity for many discussions, hardly suscep-

* It cannot be too strongly inculcated that the manner of introduction of this species of knowledge, makes all the difference in its operation. It may be perpetually observed that young men, who certainly are as well informed, as it is possible by means of words, without the application of the senses, persevere in baneful practices of more than one description. But the truth was not *originally* delivered in the same tone, which is thought necessary with regard to every other species of information, connected with their welfare. They have worked their way to the notions they have, under conduct of a heated fancy; and hence these notions operate as handmaids to that corruption out of which they arose.

tible of levity. And the more all these topics are presented in their true and natural colours, the less will the pupil relish the common-place jokes of ignorant and inconsiderate people.

Of these jokes the whole zest seems to depend upon the impression, that has been left by the success of ancient fanaticism in sanctifying the self-denying system of celibacy.* Hence, in process of time, it came to be an offence (even in the bosom of families and on occasions, requiring the difference to be taken into account) to think or speak of men and women, as differently constituted. In consequence, at this day, by the magic power of custom, hardly a parent or preceptor will allow himself to enter into explanations, (however calculated to prevent the most serious disasters), upon which the most senseless of mortals affixed a mark of turpitude, many centuries ago. Children are, therefore, left to make their own way precisely there, where

* One abuse led to another as great. Just abhorrence of the libidinous manners of declining Rome (which certainly had not their origin in any diffusion of the physical knowledge of human nature) led the institutors of monachism to conclude, as is always the case with the ignorant and the passionate—

——Farthest from thee is best.

a guide is most needed ; and, in disregard to every thing that has been observed respecting human conduct, it is required that discretion and ignorance should lodge together in the same bosom. Hence it is, that so many young people have been busy, by deed or thought, as occasion has served, in revenging upon themselves, the fault or rather the oversight of their relations and tutors. The rest of the world *appear* to keep aloof. The wit only ventures on the prohibited ground, and the rather because it is prohibited—

Nitimur in vetitum semper petimusque negata.

There are analogies which might render comprehensible the future reward of youthful continence ; and by a proper use of these, the preservative course would be completed. Sickness from an accidental surfeit, will help a child to conceive the folly of those, who, by a life of surfeits, destroy their appetite and bring on themselves perpetual mawkishness or even sickness itself. It would, therefore, appear in order, that the abuse of the sexual function, as of the other functions, should be followed by some peculiar penalty or loss of enjoyment. In pursuance of the same analogy, it could be stated—so as to counteract unseasonable and immoral desire—that hunger

and thirst are urgent and painful calls of nature. But as the design of providence is to protract human existence to a certain period, the satisfying of these calls has been connected with pleasure. Were eating and drinking indifferent or disagreeable, many would allow life to sink for want of support. As in fact, many really suffer ruin to come upon them from neglecting a thing which they are sure would avert it, but which is not attended with any immediate gratification, or which happens to be disagreeable at the moment.—It might be shewn, that the same providence, intending the perpetuity of the species, has connected its reproduction, both with transient and durable enjoyments; all of which are totally lost or lessened to him, who gives into the irregularities, against which this body of information is intended to guard inexperience. Pity for infants, that turn out short-lived or sickly, because their parents were not happy enough to receive timely cautions, might here be forcibly excited by an exact statement of facts. A dextrous monitor might afterwards introduce motives, derived from the various circumstances, constituting domestic happiness.

That these lessons might have their full effect, *some particulars* should be delivered

in the most confidential manner, that is, to each child by himself. The idea of the trouble, which this would occasion, may strike persons, not disposed on any other account to object. But on reconsideration, I flatter myself, that such persons will not persevere in the objection. The end, supposing it can be obtained, will not fail to fill the heart with courage to encounter the means. And in a scheme for a school, which is never to lose sight of present and future health, I shall almost immediately point out the practicability of the thing proposed. Indeed, as to trouble, the frivolous decorations, attached even by the moderately affluent to their person, equipage and house, are attended with a large share. And it is trouble too, which costs a parent more than the purchase of the fairest chance of a continued happy state of being, in favour of a child. In fact, if we look merely to money, cheap education will always, upon the average, turn out the most extravagant.

A graver objection will be started. Apprehensions will arise for the conventional arrangements of society. Young people, so instructed, will be supposed incapable of restraining themselves from blurting out things, not to be mentioned in mixed com-

pany. Experience, however, by no means warrants any such apprehension; and we happen to have diversified experience, directly applicable to the point. In the first place, there are certain necessities of more than daily occurrence, with which children comply in silence, only because they are told, that to speak of them openly would be offensive. It is astonishing how easily they are trained to this observance.—But what is the case with regard to the subject directly under consideration? Where is the school-boy, the apprentice, the attorney's clerk, that is not proficient enough in the mysteries of Venus to be able to throw into confusion every mixed company into which he goes, if he were to communicate a hundredth part of what he has learned? Which of their acquisitions furnishes more towards table-talk, when they are among themselves? What they have acquired is not, indeed, the genuine order of nature in the most wonderful of her processes; but a mass of crude opinions, fallacious maxims, vulgar terms and obscene jests, from which last the conversation always takes a turn towards levity. Whence it happens that disorders, very severe in themselves, and, in all their circumstances, extremely

fatal to young men, produce laughter instead of amendment; and the buffoonery, that originally attached itself to the subject, has the unfortunate faculty of rendering the roughest correction of adversity useless — We may, therefore, lay it down that by multitudes of boys, these ideas are treasured up with greater fondness than any others. They also circulate with more activity. Yet we find, that the dealers in them take good care not to produce them where they will not pass.

How then, are we to reason upon these facts? Shall we conclude, that a method, the most favourable to modesty and consideration, shall produce indecorum of behaviour? — And this, when daily experience proves that the method, most certain to produce immodesty of mind and flippancy of tongue, can be effectually counteracted by respect for our social regulations? Do we, I pray, perceive, that persons, conversant in anatomy, are particularly apt to violate the rules, established for the meeting of the sexes? Is this the case with medical men in general? — What is of as much consequence — do we find that their acquaintance with the structure and functions of the human frame renders them more dissolute in their own con-

duct? As to the date of their information, their general lot does not appear superior to that of others. Their trains of thought and habits of acting are all previously formed. But every fact, which has come to my knowledge, induces me to believe, that when their professional studies have brought them to the point, at which they, in common with the rest of the world, ought long before to have arrived, they frequently acquire, and never lose, controul over the appetite, most fatal to youth.

It will be remarked that I do not here enquire concerning the best plan conceivable, but the best plan practicable. Could the thoughts be diverted, till the age of puberty, from all attention to sex, I do not hesitate a moment to acknowledge that this would be by far the most desirable alternative. But the austere regulations of the monastery failed; and in failing to secure that purity, which was their object, they induced, or rather obliged, the transgressor to join other vices and crimes to his impurity. It has several times fallen in my way to communicate with invalids from families, where education is carried on almost with the regularity of a commercial concern. In some cases, it had struck the parents, as most advantageous in point of

health and morals, to exert every effort to preserve the happy state of ignorance. And they flattered themselves alas! with having succeeded, when the surgeon could have informed them, how compleatly they were deceived in this belief. For a passage in Homer, a verse in the bible, a casual expression, the sight of a person in the state of pregnancy had introduced, in a moment, that turn of thought, which so many endeavours were employed to obviate. A longing desire to be fully informed soon afterwards came on—Then it was that the hidden purpose of so many precautions struck the mind. Henceforward, in proportion as one party was solicitous to keep the veil drawn, the other exercised all their cunning to creep behind it. Whether the young people ventured, or did not venture, to seek intelligence among the domestics, they never rested till they were, in some measure, satisfied. One consequence inevitably followed. Towards the authors of the concealment, a sense of alienation and distrust settled in the bosom, and destroyed the benefit of all future lessons of virtue and prudence.

However some may suppose themselves able to controul external things and inferior persons, there is a limit to their authority,

which they will not refuse to acknowledge. The most skilful medical magician cannot flatter himself that, by his art, he can at all times adjust, precisely to his wish, every movement within the body; and if he cannot, ideas and sensations dependant on different movements, will arise in despite of all watchfulness and tuition. Were every existing improper idea, sensation and action banished from among young people, processes within the system would be constantly introducing them again. It seems a common opinion that the sort of fever of the feelings, which I am proposing the means of preventing, always arises from infection. But this is a fatal mistake. The fact being perfectly ascertained, it ought to be universally made known to parents, that there are an immense number of instances, in which dangerous habits arise, independently of footman, nurse, or novel. And, if this be so, what further can be wanting to convince us how little IGNORANCE can be depended upon as a safeguard for INNOCENCE.* It may con-

* Let it be considered too that, as matters stand at present in regard to early instruction, the children of middling and opulent families are born to loathsome studies, of which

tribute to the removal of needless scruples, if we remember that a given kind of information cannot affect the untainted mind in the same manner as an opposite kind affects the tainted. And it is impossible to conceive any two things more opposite than the information here recommended, and that which young people hunt out to inflame passion, or as matter for voluptuous waking dreams, when they have not opportunity or power for more active indulgencies.--It is the lot of hundreds of parents to have to consider, in the anguish of their heart, the case of boys, who are wearing away their constitution in a course of unbridled pleasure. This case is surely less difficult. You can tell them nothing of a bad or even of a suspicious tendency. They have found out the worst. They have learned the road to licentious pleasures. They

the repulsive effect favours every accidental attraction towards loathsome diseases and loathsome habits.—I repeat that I can furnish *numberless* instances of the excitement of a propensity for hurtful gratifications, by causes acting within the body or upon the body, perfectly independent of seduction, and such as nothing upon earth could prevent, unless it be early, proper and particular addresses to the understanding and the feelings.

know it by experience. They do not know, minutely and in a manner to work conviction, that, by the evidence of the experience of thousands, the same appears to be the road to lasting pain, and to the loss of the faculty of feeling pleasure. On no principle, therefore, can the most ample communication be regarded as hazardous. But will it be beneficial?—This question can only be resolved by the testimony of those, who have learned the whole truth, as they stood upon the brink of danger, or had waded some way in it. Now, among the valuable materials, which various modern writers have collected towards a history of the sexual appetite in refined societies, there are actually to be found the most encouraging confessions; and they bear the stamp of the most perfect authenticity. Indeed, as they are rather humiliating, it would be difficult to imagine a motive for falshood. In some instances, it appears that books, containing a plain anatomical and physiologicial exposition, have preserved or restored those, about to be the victims of their untutored appetites; in others, it has been an explicit account from the mouth of a respected instructor.

SKETCH of the Principles, according to which a HEALTHY SCHOOL can alone be established.

Many things under the same head in the former essay apply to boys. These I shall not repeat.—But it is more reasonable to require of school-masters than of governesses, that they should be conversant in the doctrines of animal nature, since men more easily find access to instruction. This instruction should be drawn from nature, not altogether from books. Reading is not sufficient to qualify a person for taking care of others' health. After perusal of the best works, he may have little of a practical eye for detecting mischief to the constitution in its rise; and he will be in danger of doing or suffering what may, immediately or after some time, destroy his pupils. To require so much can be nothing unreasonable, since it is only taking schoolmasters at their word.—They profess the care of health. But is it not one and the same thing to take care of health and to prevent diseases? How then can he, who has cultivated no acquaintance with the nature, origin and early phænomena of diseases, presume to offer himself for a

charge, to which, even by his own avowal, if he has any meaning, an acquaintance with these things is necessary? It is in vain to profess, and even to feel, the most perfect readiness to apply to the medical practitioner, when necessary. To judge when this is necessary, often demands proficiency in the knowledge of the appearances, indicating ill-health, nearly equal to that of the practitioner himself. And to adjust diet, exercise, and study to the exigencies of different constitutions, requires this same kind of knowledge, applied in a way, too little customary even with medical practitioners. For, surely, it is not enough that a boy continue to exist through the usual period of education. The seeds of future diseases must be destroyed; and since it is extremely easy, it would be but doing him justice to start him into life with a stock of vigour, which shall keep him in good plight thrice as long as is usually the case at present with the individuals, belonging to the superior classes.

The studies, therefore, of the preceptor ought in part to be the same with those of the physician. Inattention to this principle has been attended, but in an infinitely greater degree, with the consequences, ascribed by Homer, to the anger of Achilles. It has

dispatched to Pluto, before their time, and to the inconsolable grief of their parents, innumerable souls of those, that *might* have turned out heroes or philosophers, and that certainly *would* have been happy human beings and useful members of society. Sometimes blows directed in the ignorance of anger, towards a vital part, have done the business. It is more often silently effected by ill-adapted discipline, by parsimony in respect to food * and fuel, and by preposterous schemes for conferring hardiness, or permitted for want of

* Among the communications, relative to schools for boys, with which I have been favoured, there is one from which I think it worth while to abridge the principal circumstances. The author was at three different private schools, to all of which he informs me that his account of the third is, in the main, applicable. He was previously too at a child's school, where he suffered much from hunger.

“ In ———shire, not 30 miles from London, still flourishes
 “ the academy of ———. It is near a fine common,
 “ well adapted to youthful sports. A broad, clear, yet
 “ shallow stream affords the benefit of bathing without
 “ danger. In such a spot, and with a master not inferior
 “ in benevolence to the Man of Ross, what parent would
 “ not have anticipated the improvement of his child? what
 “ child could have disappointed his parent?—In describing
 “ this seminary, I cannot help reflecting how many hun-
 “ dreds like it, are crowded by the rising generation.

“ Our number was about 40. There were two classes
 “ The parlour-boarders had the privilege of eating toast

penetration to perceive the powers of mis-

“ with their breakfast, sitting by the parlour-fire out of
“ school-time, and drinking a glass of raisin-wine on Sun-
“ days. The other boys were, in all respects, considered
“ as inferior; they were limited to the school-room or
“ kitchen; at dinner they were indulged with an extra-
“ ordinary allowance of *fat* to their meat; at other times
“ they lived on brown bread and milk. We all rose early
“ enough, in summer and winter, to be in the school-room
“ by six. After two hours’ application we had our break-
“ fast, which we had scarcely finished, when we were
“ again summoned into the school-room. Here we con-
“ tinued till twelve, and often, if deficient at our lessons,
“ till dinner. At this meal, a large portion of Yorkshire
“ pudding was administered, before we were entitled to
“ animal food. At two we were dispatched to digest our
“ pudding over our greek and latin. At five we left school.
“ But there remained a task, which required at least an
“ hour to be completed with credit. A half-holiday on
“ Saturday gave us just breath enough to renew our labours
“ on the Sunday” [at the two other schools there was another
half-holiday on Thursday]. “ The Sabbath was no day of
“ rest to us. The moment we arose from our bed, we
“ began to pray, and excepting the time of meals, we per-
“ severed in praying, either in church or out, till we went
“ to bed again—

“ How far so much confinement contributed to health,
“ I leave to be determined. But it will be clear that health
“ was little an object of attention, when I add that it has
“ frequently been my lot, for three hours at a time, to sit
“ with my feet chilled by damp stockings, my fingers
“ aching, and my nose blue with frost; nor could a par-

chief during the earlier stages of their operation.

“ tial glimpse of the fire, or rather its reflection from the
“ warm visage of the master alleviate the distress of my
“ situation.

“ Instead of wasting our few hours of relaxation in
“ childish exercises, many of us fed on the chaste precepts
“ of C——n M——, or the beautiful sentiments of F——ny
“ H——ll. There were times indeed when we partook of
“ substantial food, and drank of intoxicating liquor. Both
“ were easily procured. A day-scholar felt honoured by
“ purloining a duck from some neighbouring farm, or
“ smuggling a bottle of brandy from the public house.
“ With these acquisitions, a select party would retire to a
“ room, *hired* for the purpose, and there celebrate the
“ orgies of Bacchus with heartfelt devotion.

“ When I first became a member of the society of parlour-
“ boarders, I was unworthy of the rank. But, like a petty
“ thief after residence with more wholesale villains, I
“ became as accomplished as the rest. I drank, I gamed,
“ I ran in debt. I engaged in gallantry; and to complete
“ the measure of necessary qualifications, I wore my leather
“ breaches so tight as nearly to stop the circulation of my
“ blood.

“ It may be supposed that the indulgencies above-men-
“ tioned, were interrupted by the officiousness of the
“ master. This did not often happen. The usher, on
“ adding a guinea to his *new-year's gift*, was ever our firm
“ friend—There were indeed *casual incidents*, which for a
“ time deranged our plans. But here again the assistance
“ of the usher, or his friend the surgeon, *set all things to*
“ *rights.*——But it would be endless to recount the

Among the ablest students of medicine there will always be a proportion, to whom the exercise of their labourious profession is not suited, or who fail in the competition with their inferiors, because they are above playing certain tricks, that take with the directors of public opinion. The warm discussion, which the various topics of education have undergone since the leading and, with all its faults, the still unrivalled work of Rousseau, has induced a sufficiently general wish for improved schools. Now with the inestimable advantage, which persons, conversant in the science of health and diseases, must have above all others, there can

“ qualifications which such a system of education yields.
“ Here, as in similar institutions, the dullest genius, before
“ he is sixteen, may acquire those habits and that know-
“ ledge, which will qualify him either for — —, — —
“ or N — — te.”

Let parents, whose children are to take the chance of schools, attend to this account.—It comes from one, who has had not only various experience, but extensive means of enquiry, and upon whose accuracy I perfectly rely.—Let them hope, if they can, that their boys are to be kept from the knowledge spoken of in the preceding section, or that they will acquire it in a manner less dangerous to their morals and constitution than a true and natural exposition, divested of all the provocative tricks of rhetoric.

be no doubt of sufficient support, if such persons, not neglecting inferior endowments, were to engage in the task of education. It is common to hear incurable valetudinarians exclaim, *Ah! if I had known the consequences in time, I never should have brought all this upon myself.* There is scarce any one, who if he accurately reflects upon the occurrences of his life, but will feel himself entitled to hold some such language. He will not have occasion to reflect long, till he discovers that his sweetest consolation will be in conferring upon his successors the advantages, which the thoughtlessness of his predecessors has denied him. And the resolution to do so will diminish his regret on finding himself cut off from that ease or those enjoyments, towards which he has so often cast his looks with a sigh of despair.

That schools should cease to be fatal to all the valuable qualities of mind and body, parents must, on such considerations, become liberal, or more properly speaking, they should be æconomical. For money spent upon useful and engaging acquisitions in youth, if we reckon only upon saving in money, will be found to bring the most ample interest. The poet, says Horace, does not easily become a miser. In like manner, it may be asserted, that

he, who when a boy, has been initiated in those theoretical and practical sciences, which the labour of ages has accumulated, will seldom prove a spendthrift, a gambler, or a voluptuary. On the danger of parsimony during the early part of education, the most general fact in the modern history of our universities, and of most other places inhabited by the equals in age to our university students, must decide the opinion of every prudent father of a family. The fact I allude to is this :—young men of fortune, and those also of no expectations at all, commonly dissipate more money in a very few of their last school years and after quitting school, than would suffice for the education of two or three boys upon the most expensive plan, which any reasonable regard to instruction or health could suggest. There is, perhaps, scarce one individual, whose education upon the whole of the present plan, is not more costly than it would be upon the whole of the plan proposed. The mind not being agreeably engaged by the ideas it has acquired, and the vacancy of feeling being intolerable, nothing remains to produce the desired excitement, but some species of debauchery. And the temptation is always greatest, and yielding to the temptation always most baneful, to those, who have

received from nature the happiest endowments. In such circumstances, no regard to the purse or to the constitution would probably be an effectual restraint. But for want of the least degree of precise information concerning what is due to the constitution or even to the purse, the youthful debauchee is destitute of the advantage even of this poor chance.

Such an inducement may be supposed capable of determining every considerate father of a family to co-operate with all his means towards preserving the patrimony and person of his offspring. That these means may be properly applied, the preceptor, in addition to the qualifications already mentioned, should be one of those rare persons, to whom, after the prime of manhood, brisk exercise is neither impossible nor irksome. He should have force of mind to break that habit of sedentary study, which is by far the greatest evil that the art of printing has produced among mankind. His own knowledge of the properties of human nature would furnish him with motives, powerful enough to lead him to forego and to banish from his table the use of every sort of fermented liquor, from small-beer inclusive. After a month's perseverance, no one, as the

author can attest both from experience and observation, would feel this as a sacrifice, unless his constitution had been before irretrievably hurt by a vicious regimen. For the same reason, stimulants like tea and coffee, which grown people might use, without disadvantage, in a certain quantity and of a given strength, would be abandoned. By help of the master's example, but not in opposition to it, what he would be able to communicate from his stores of physiological and pathological knowledge, would set his pupils above danger of being seduced by the usages of the world. On the contrary, as bad examples are always salutary to those who consider them as bad, the feelings with which such boys would look on the unfortunate slaves to the dreadful habit of swallowing poisonous drinks, would strengthen them in their better resolution. And effects, which the master might place before the eyes of his scholars, by mixing ale or spirits for a time among the food of domestic animals, would confirm the impression of his doctrines. Such experiments, while they furnished an interesting employment, would secure the health against one of the greatest dangers to which it is exposed in the inter-

course of modern society. Mathematical, philosophical, chemical, botanical, and *technological* instruction, judiciously intermixed, but at the same time carried on in conformity with a system, clearly made out in the mind of the preceptor, would keep the physical and moral faculties of the children in perpetual and proportional progress.* The thoughts would never stagnate; the heart never prey upon itself, and intemperance of every kind would be abhorred according to the nature of its consequences.

The plays, usual among children, should make a very small proportion of the general

* There exists a school in Soho Square, London, at which, from the literary and philosophical attainments of the master, his acquaintance with the arts of common life, and his active and well-regulated habits, grown boys, and for such, the school, I believe, is designed, will doubtless find that grand security against destructive vices, which rational knowledge affords. I hear too of a few schools for little boys, where they are let loose as soon as their work is done, and not fixed to their benches while the tedious finger of the clock sweeps a certain portion of its circle. But these schools are unfortunately merely *classical*. Now this one circumstance cuts off all just expectation, that the boys shall grow up robust men. Nothing can ensure this greatest of earthly blessings to our opulent youth, but such scientific pursuits, as shall lead early to wholesome exercise of body and mind.

scheme of exercise, or be altogether disused. It is not that I would wish them prohibited; but active occupations, connected with future life, should be adroitly substituted in their stead. It is the misfortune of school-sports that they must be dropped as soon as boys quit school.—The exception of cricket is hardly worth naming; and the morning benefit of this game seems more than counter-balanced by the carousal, which commonly follows it in the evening.—But all the employments, to which the practice of physical science leads, could be continued in the more advanced stages of life. Thus there would be no intermission or languor in the pulse of thought or motion. Nothing like that distress, which the outer frame feels on the unexpected stopping of a carriage as it is bowling along a smooth road, would be known to the intellect. The leisure, which men of letters and of business devote to dangerous or doubtful recreations, might be employed, with much increase of individual and social happiness, in the continuation of these pursuits. The expence attending them would be less—it certainly could not be greater—than that of the surfeiting entertainments,—perhaps not greater than that of the insipid parties—to which, for want of having been

trained to something more agreeable and wholesome, we are obliged to have recourse.

As an indolent turn and the enervating indulgences, necessary to render indolence supportable, principally occasion the early debility and disorders that prevail among the opulent, it will scarce be enough to connect the leading pursuits of youth with bodily exertion. Where the circumstances of the parent will admit of it, a habit of activity should be secured, at whatever cost. The preceptor should be empowered to carry his pupils on distant excursions; and as much on foot as can be done without over-fatigue. Botanical and mineralogical information, the inspection of manufactures, the measuring of heights, would be objects, delightful in themselves; and they would give to home-pursuits, a relish, which the wretched prisoner, obliged to pore, day after day, over his grammar, dictionary and lexicon, can scarce ever feel. On the summit of high mountains, we are sensible of a degree of freedom and elevation of thought, felt in no other situation. Here we have a commanding view of the labours of men and of the productions of the earth. We seem to have it in our power to reach at a few strides whatever spot of the diversified scenery most invites the

fancy. These sensations cannot fail to inspire a taste for the charms of external nature; and the acquisition of such a taste is among the chief means of maintaining the constitutional vigour to the longest allotted term, allotted by his Maker, and of raising it to the highest pitch—and

Qui fait aimer les champs, fait aimer la vertu.

In the confidence, which would necessarily arise amid participation in active pursuits and in little incidental hardships, the delicate subject of the preceding section could be treated in common with other interesting topics. Many appearances in nature would occur to introduce it. Many human beings would also be accidentally met with, or might easily be found upon search, whose condition would give irresistible force to admonitions, or rather to prudential inferences from a detail of facts. This is, doubtless, the single point of most importance in male education. The want of information properly conveyed and properly illustrated, may possibly deprive a majority among the sons of rich families, before they are five-and-twenty, of that elastic force of mind and body, which ought to bear them

light and chearful over the difficulties of life, to more than double that age.

The regulation of food will have nothing difficult, where the free, but not excessive, employment of the limbs secures appetite and digestion. The diet should be nourishing, but in no article stimulating. Bread and milk, divers preparations of milk, and fruits with broth or soup occasionally, will supply all the meals except dinner. Dinner should consist of a moderate portion of butcher's meat with plenty of vegetables. It is only in the case of puny children, that an additional quantity of animal food with beer will be necessary. This is a medical consideration; and is best determined and proportioned by a medical man, having constant opportunities of observing the boys, that require a medicated regimen. Such things are hardly ever, in fact, adjusted by a practitioner, called in for the purpose. His presence is only desired when diseases are actually formed. Some evil might be obviated by submitting schools once a month, to the examination of a physician, who has paid particular attention to the first symptoms of slow disorders, and to the tokens that indicate vices in the constitution. But still a constant observer of young people would

have an infinite advantage over an occasional inspector ever so skilful.

It would be adviseable to commence establishment for healthy, for scientific and moral, in addition to classical education, with children, fresh and untainted from their own home. A single preceptor should not engage with above six boys ; and it would be better not to bring above six together as permanent inhabitants of one house. But the public has been so cajoled with the idea of the members of a large body, disciplining one another to greater expertness for the warfare of life, that with the addition of two or three well-qualified assistants, twenty might be received. Such a number of superintendants would afford the inestimable advantage of breaking the twenty into parties. The whole should never be left alone together for an instant.

It may be reasonably hoped that the rich will procure to the public the benefit, that would result from the example of such an institution. They can hardly hesitate, if they will consider with a little attention what it is impossible not to see, but what is perceived to no purpose. I mean the utter insignificance of one or two thousand pounds' difference in a fortune of eight or ten thousands.

—Should we even suppose, that the most advantageous culture of mind and body will necessitate such a diminution, of two boys, equal by nature, would not ten thousand pounds go farther in the hands of him, who should be brought up with a practical insight into men and things, than twenty thousand in the hands of him, who should be subjected to the blind-folding and debilitating routine? Many schoolmasters, I doubt not, wish in secret for a more active education: and six such seminaries might effect a goal-delivery of the innocent, misused, little prisoners throughout the kingdom.

It will easily be credited on the faith of common observation, and I can assert from experience, that when the understanding is kept in constant but various exercise, and never overstrained or glutted by excess of the same study, progress will be much more rapid in this and every other line. The pleasure from difficulties overcome will give ardour to cope with new ones. We observe the sickened and spiritless pupils of our celebrated classical schools, frequently unable to summon up resolution enough to master the first rules of arithmetic. I have known some scores of college youths, regularly lectured in Euclid, but not one in twenty came to

understand the first six books of that author. Whereas, boys of nine or ten, if kept in health and spirits, will pass the asses' bridge without boggling, and advance continually with augmented alacrity. Nor will they find the very chips and saw-dust of learning too dry.

MODE OF LIVING AFTER MATURITY.

The diversity of trades, professions, and callings creates a much greater difference in the habits of the male sex than takes place among females. But it is principally in the pursuits, in which men spend a *part* of their day that they differ considerably from one another. In the manner of passing the evening, those who find themselves in easy circumstances or in affluence, are nearly uniform. Many inhabitants, however, of towns, and in the country not a few of the clergy and of the smaller gentry, pass their time without much greater exertion than women. A walk from the counting-house to the exchange, and perhaps, from the counting-house to the parlour, will satisfy some merchants for a week together. Others ride ten or a dozen miles between town and country, and flatter themselves that this is sufficient to keep them

stout, and to counteract powers perpetually at work to curtail their existence. In no country are the men so fond of lounges on horseback as in England. In none are the limbs exerted so little. These customs depend upon the character, which the British constitution has gradually been acquiring, partly from hereditary disposition, and partly from the same causes, which produced the disposition in the father at first, continuing to operate at advantage upon the son, who has brought it with him into the world.—Of the causes of such a disposition, some are, it is true, of long standing, and beyond the reach of human memorials. But by those of later origin, the nature of men has been so much altered, and they have been rendered so much more susceptible, that the experience of our forefathers will delude us into dangerous errors, if we be inattentive to the disparity between them and ourselves. Nor is the result to be found by merely adding together what each cause of degradation might be supposed to contribute, if it were to act singly. Several are rendered more powerful by the concurrence of others. The sum, therefore, would be more nearly obtained by multiplying the single products by one another, if in such things we

could approach towards the accuracy of a numerical statement.—But the fact will be clearly illustrated by bringing the more efficacious causes under view at once, and by adding a few observations upon the influence of one cause, not yet considered, as it operates in combination with the others. Were a perfect table of this kind constructed and proper explanations annexed, each individual might find his station on the scale of health, as readily as he could the class, order and genus of a plant in the most convenient botanical arrangement existing. He would, at the same time, be able to perceive what had placed him where he stands. He might make out a method too for raising himself higher, if the elevation were possible;—at least, he might see how to prevent the yet entire members of his family from sinking so low.—I need hardly say that I over-look, for the present, that part of the foundation for ill-health, which is laid before the school-going period.—

1. *Cold at schools*, in our days more severely felt.

2. *Vexatious discipline, and restraint in the use of the limbs*, more pernicious as the habit of body is weaker, and because their odious confinement precipitates the little prisoners, when let loose, into enervating gratifications,

to which access is more easy—while public opinion on certain sorts of imprudence has abated of its severity.

3. *Sexual passion* prematurely excited and inordinately indulged.

4. *Early intemperance* in wine; also in inferiour stimulating liquors.

5. *Insufficiency of food* at some schools.

6. *Example* of indolent habits, already established.

7. *Lazy literature*, or the host of modern writings, calculated, if for nothing worse, only to relieve listlessness for the moment, prompting to no one exertion, and therefore eventually tending to increase the languor, that overwhelms so many of the present generation.

8. *Ravenous desire of gold*, incited by eagerness to participate in the general luxury of the times.

9. *Disappointment and success in regard to this desire*—both necessarily more frequent than ever from the increase of competitors; and alike productive of habitual anxiety, or of absolute hypochondriasis or insanity, because several of the preceding causes will have reduced the nerves below the tone of simpler ages.

10. In females, and probably in some feminine males *application to music and other sedentary accomplishments*—concurring, with the tumultuous persual of light books, to injure the perceptive and associating faculties, and by consequence to spread havoc through the nervous system.

11. *Inhabiting warm, close rooms*.

12. *Half-nakedness* in women, or too thin cloathing in men.

By these causes, or by as many of them as may chance to act together or in succession, the term of existence is so frequently abridged, that there are few large genteel families,

where an example of such operation does not occur. But it is not on their power or the duration so much as upon the condition of existence, that I would have my readers fix their attention. *A short life and a merry one* is a wish, of which I shall not contest the rationality. But the expression is much misinterpreted, by uninformed boys, when their blood boils within them from impatience for enjoyment. Or, as the fiery temperament rarely occurs now-a-days, I should rather say, that it is misinterpreted by young rakes, who feeling already shattered, are glad of a seeming *philosophical* excuse for resorting to provocatives of merriment, without which they would no longer know what it is to spend a joyous day. But nothing is more erroneous than the principle they profess. Life is not to be raised into a bright blaze that shall go instantly out. It never is more languid towards the last than with those, who labour to force it into extraordinary vividness. Nor does the faint, wavering flame ever more tediously, than with them, linger in the socket. In cases of gout, spleen, apoplexy, dropsy, and in all other diseases of intemperance, there is often an interval between a predominant comfortable state and the grave, as fearful as that which Shakes-

peare plants between the formation of a plot and its execution, and always infinitely longer. Before the loss of feeling and motion from the palsy, what years of wearisome, stagnant being, of stretchings without relief! what uneasy sense of the flesh melting away from the bone! Very similar is the unnoticed transition to regular and accepted disease in other instances!

Among the *modern* devotees of Bacchus, few are allowed to escape this sad purgatory of suspended animation; and indeed but few of those moderate, but regular wine-bibers, who look upon the worship of Bacchus with abhorrence. The reason of the more pernicious effect of the use of fermented liquors at present, I seem to myself clearly to discover in our luxurious indolence. In *nervous* females, during their best health, I have known a glass of wine and water produce giddiness, depression and all the *narcotic* effects of opium or foxglove, without the smallest sign of previous exhilaration. The same thing will happen to most modern gentlemen, if wine be taken, at an unusual season, on an empty stomach; but it does not happen to active, muscular persons, happily ignorant of *what nerves are*. In regard to the ultimate poisonous effect of

wine, these persons seem to stand in the same order, and at perhaps nearly equal distance. In some districts of Ireland, the change from a rugged to a soft mode of life, which in England required perhaps above a century, has taken place within a few years. The fathers drank and rode from fair to fair, and hunted, and suffered the winds of heaven to blow upon them within doors. And they commonly reached the extreme term of human existence, unimpaired. The sons drink rather less; but from the change in the state of culture, they differ almost as widely from their progenitors in exercise and expence as our silk-mercens from our butchers. They are in consequence often worn out and diseased at thirty. Robinhood and Little John, the alert and airy inhabitants of the green-wood shade, could take liberties with the bottle, which are very unsafe for us, under our close roofs and between our stuccoed walls. The adroit adventurer who negociated the submission of prince Heraclius to Russia, and who was better acquainted than any other mortal with the rude tribes of Mount Caucasus and its precincts, relates facts, that strongly favour such a supposition concerning the foresters of Sherwood. Speaking of Iberia, he says—"The mild climate secures

“ the native from rigorous cold and oppres-
“ sive heat. In his cool shady woods, beside
“ clear waters, amid exhalations from odori-
“ ferous herbs, with the most exquisite wild
“ fruits and wholesome wines, produced with-
“ out toil or art, he is in general unacquainted
“ with distempers, and attains to extreme
“ old age. I knew an Iberian, named
“ DADULO, who was 110 years old. He enjoyed
“ perfect health, and every day drank two
“ pottmans or sixteen pints of wine, to which
“ he had been accustomed from his youth
“ up. For 75 years without interruption, he
“ had performed a pilgrimage on foot to the
“ holy sepulchre of the female martyr Nino
“ in Georgia, and although the distance is
“ 280 wersts, he never complained of fatigue.”
Sir John Chardin relates similar feats with
consequences apparently not more disastrous.
And these narratives would find confirmation
among our own hardy mountaineers. Although
it would appear from the destruction of the
American Indians by spirits, that the habits
most powerful in counteracting excess, will
not allow the generality of men to go beyond
a certain length.

I have thus delineated the causes, why the
sluggishness, dejection and moroseness of
old age is so common among us at 25 or 30,

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